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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

HOMEMAKERS' CHAT Friday, October 4, 1940

(FOR BROADCAST USE ONLY)

SUBJECT: "CABBAGE AND KRAUT." Information from the Bureau of Home Economics, U. S. Department of Agriculture.

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If you are one of the folks who look forward to winter meals of sauerkraut and fresh pork, I've got some good news for you today. There's a good crop of late cabbage, and that means that a good share of it will be used for sauerkraut.

But that isn't the best part of my day's news.....There's also a new way to make sauerkraut at home--right in glass jars. You can store these jars of kraut on the shelves along with your other canned vegetables--instead of having a crock or barrel standing around in the cellar. And there's no waste--as there is in open containers when the top layer of kraut turns soft and brown. And, still another advantage.....the jars hold just enough kraut for a single meal.

These directions for making sauerkraut in glass jars come from Harry Gorseline--a bacteriologist in the Bureau of Agricultural Chemistry and Engineering of the United States Department of Agriculture.

First of all, Mr. Gorseline suggests that you use jars with glass lids--the kind of jars that you seal by pulling down a clamp. That's because the salt in sauerkraut will corrode metal lids.

Now here's how to make the sauerkraut: Have your cabbage trimmed and shredded and mix it with the salt. Use 4 ounces of salt for every 10 pounds of cabbage. (I'll repeat that.) Then pack the cabbage into the jars--put on the rubbers and lids, but do not seal tightly.

Be sure to put an enamel pan under the jars to catch the juice that bubbles out. Let the kraut stand for two or three days until there is good gas

formation. Then pour the juice back into the jars and seal them up. Let the kraut ripen for a month or six weeks--and then it is ready to eat.

Sauerkraut made this way will keep all during the winter, if you have a cool place to store it. But if you're going to keep it until warm weather, it's best to make the sauerkraut the old way in a crock or barrel, and then put it in jars after it is fermented.

The fermenting will take about 10 days. Then the kraut is ready for canning. Get the sauerkraut thoroughly hot, and fork it into the jars--put on the rubbers and lids, but do not seal yet. Now place the jars in a bath of boiling water, such as you use in canning fruit. Keep the fire under the water bath until the water returns to boiling--that is, for about 5 minutes. Then seal the jars and continue to heat them in the water bath. It will take 10 minutes for quart jars, and 15 minutes for two-quart jars.

These are two modern ways to make sauerkraut. For one method--you use glass jars to hold the sauerkraut while it is fermenting, and then store it in these same jars. For the other method--you ferment the cabbage in a crock or barrel, and then can it like tomatoes or pickled beets.

But whether you make your own kraut or buy the kind that's put up commercially--there are also modern ways of serving this old-time food. Here are some cooking ideas sent me by the Bureau of Home Economics of the United States Department of Agriculture.

The modern trend in cooking sauerkraut is to cook it for only a short time--just as you cook green, fresh cabbage. "Panning" is an easy way to cook the kraut and keep it crisp without losing any of its natural flavor.

By panning, I mean cooking the kraut in a covered skillet on top of the stove--with fat added to prevent sticking. For a quart of sauerkraut, use about one-fourth cup of butter or other fat. Heat the fat until it is golden brown.

Then add the kraut and some celery seed or caraway seed to make a savory dish. Use a fork to separate the kraut and mix it well with the fat. Cover the pan and let the kraut cook for about five minutes. Serve immediately, while the kraut is steaming hot.

Another method is to mix the sauerkraut with very tart sliced apple. Leave the red skin on the apple,--and if you wish, tuck some frankfurters into the sauerkraut. Cook in a covered pan until the "wienies" are piping hot all through.

In some localities, sauerkraut is always served with turkey, goose, or duck. The tartness of the kraut--like cranberry sauce--offers a pleasing contrast to the rich meat.

But pork and sauerkraut combinations are perhaps the most familiar of all. Kraut with roast loin or shoulder of pork--pork chops and sauerkraut--spareribs and sauerkraut. Another idea is to scallop the sauerkraut with macaroni and cooked sausages or bits of ham.

Now just a word about the food values in sauerkraut. The Bureau of Home Economics expalins that sauerkraut is a farily good source of minerals--especially calcium. And it usually contains some vitamin C. And the sauerkraut juice--which commercial canners put up separately--also contains a good share of the minerals.

Well, good luck to you if you try making sauerkraut on your own home premises. And good eating--when you serve a dish of savory sauerkraut with fresh pork one of these fall days.

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